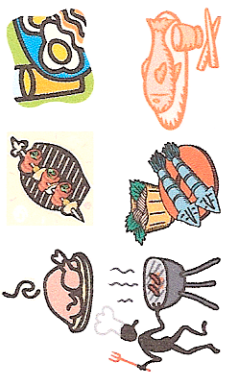
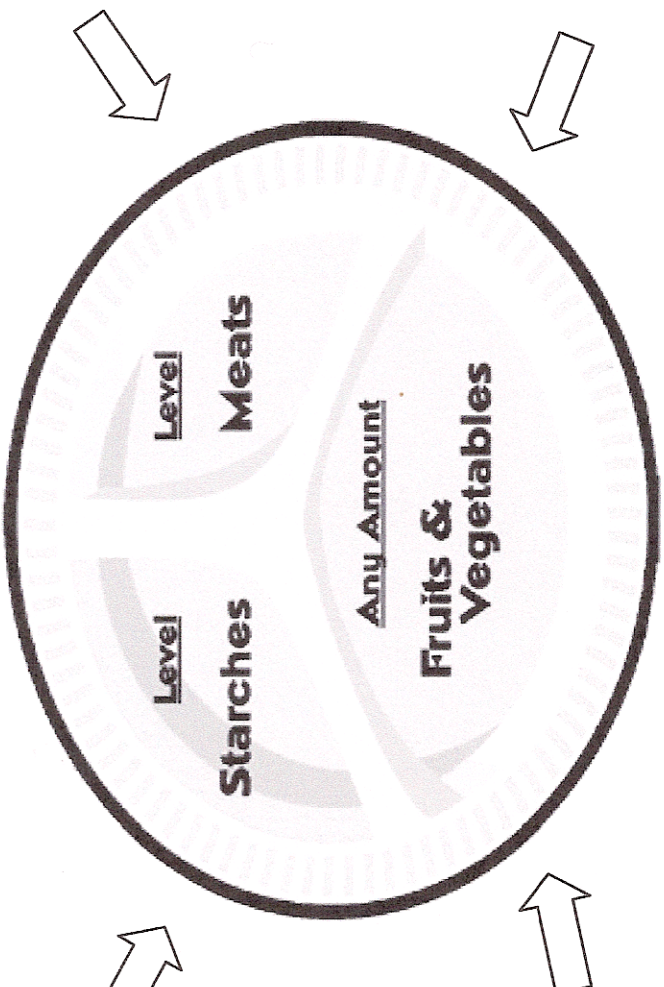


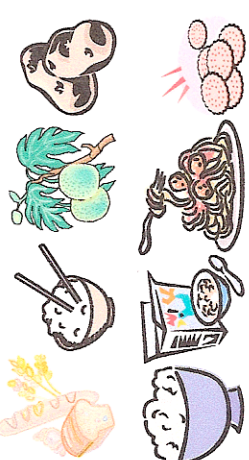
Vegetables



Proteins



Fruits

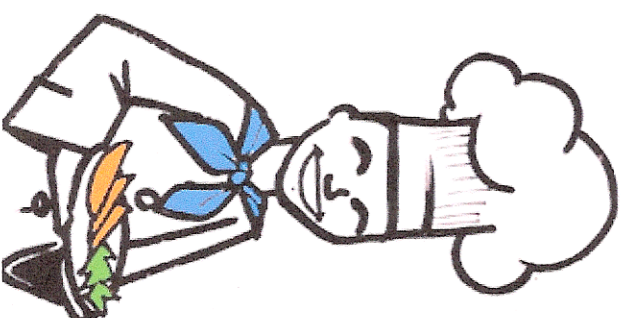


Starches

## How To Make A Plate

1. Use a 9-inch plate (with compartments)
2. Fill  $\frac{1}{2}$  your plate with fruits and vegetables (you can pile this a high as you like!)
3. Fill  $\frac{1}{4}$  of plate with a starch: keep it level and choose whole grains
4. Fill  $\frac{1}{4}$  of plate with protein foods
5. Drink water with and between meals
6. Drink low-fat or fat-free milk

## PLATE METHOD



## Why the plate concept?

- Nutrition advice can sometimes be confusing and difficult to practice.
- The 'Plate Method' is an easy way to follow recommendations and eat healthfully.
- It covers the basic food groups.
- It is simple and easy to use!

<http://www.ctahr.hawaii.edu/new>

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Food and Animal Sciences  
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## RICE (Starch)

For best results, always follow package directions. When directions are not available, use this easy method. Top of the range: In a deep pot, combine rice and

water. Heat to boiling, stirring only once or twice. Lower heat to simmer, cover with tight fitting lid, and cook until liquid is absorbed and rice is tender. For rice

cookers, follow appliance directions.

### Some Great White Rice Substitutes:

- Brown Rice (or mixture with white)
- Fiesta Rice
- Fried Rice
- Rice Balls
- Sushi Rice Mix

For these recipes and more please go to:  
[www.ctahr.hawaii.edu/new/cookbook.htm](http://www.ctahr.hawaii.edu/new/cookbook.htm)

## Creamy Vegetable/Fruit Salad

Number of servings: 6

### Ingredients:

- 3 cups fresh, or canned fruit OR
- 3 cups fresh or frozen veges
- 1 (8oz) container plain or flavored low fat yogurt

### Directions:

1. Fresh, frozen, or canned fruits used:

CHOP fresh ingredients OR

THAW frozen ingredients OR

DRAIN canned ingredients.

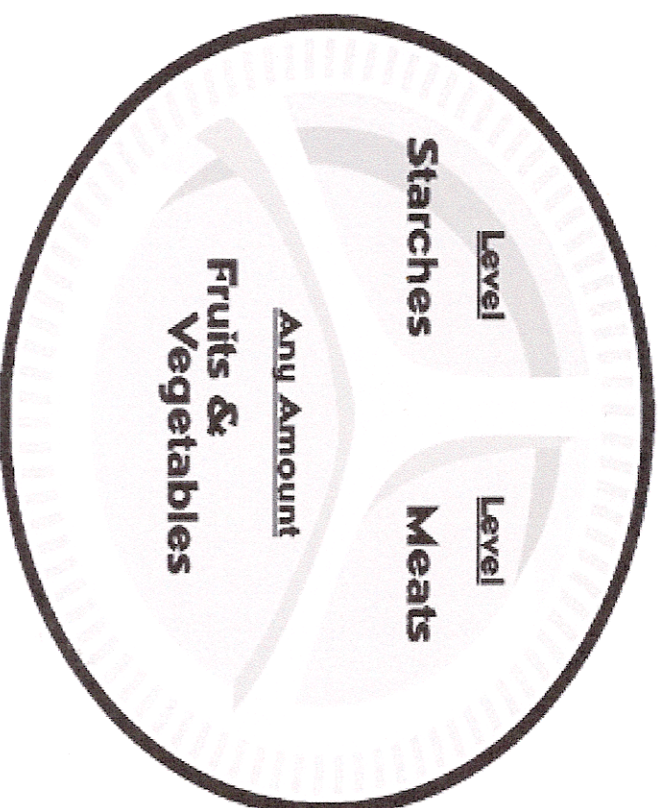
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.

### Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables: frozen vegetable combos fresh cabbage, carrots, broccoli, green beans, and/or zucchini. Make your own combo of vegetables and fruits.

# PLATE METHOD EXAMPLE



## Directions

1. Fill half of the plate (or the fruits and vegetable section) with as much of the creamy vegetable/fruit salad as you want! Go back for a second serving if you are still hungry! Or fill half of your plate with tossed greens and use the Thousand Island dressing recipe that we provided.

2. Fill the right portion (or meat/protein section) level with chili. It should be about  $\frac{1}{4}$  of the plate.

3. Fill the left portion (or starch section) level with a starch of your choice. This should also be  $\frac{1}{4}$  of the plate. Example: brown rice.

4. If you have a good idea of the amount of food that goes into each section, you may combine the rice and the chili.

## Chili

Number of servings: 6

### Ingredients:

- 1 large round onion
- 1-2 cups kidney/pinto beans
- $\frac{1}{2}$  pound ground beef
- 1 can (8 ounces) tomato sauce
- 1 can (14.5 ounces) tomatoes
- 1 cup water
- 1 teaspoon chili powder
- salt for taste

### Directions:

1. CHOP onion.
2. RINSE and DRAIN beans.
3. In a large pot, FRY ground beef. DRAIN off fat. ADD onions.
4. MIX well and COOK until tender.
5. STIR in tomato sauce, tomatoes, water, chili powder, and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for 10-20 minutes STIRRING occasionally.

May I have more fruits & vegetables?

